Dear Family and Friends:

I suffer from a debilitating disease that most people have never heard of.

Myalgic Encephalomyelitis / Chronic Fatigue Syndrome (ME/CFS) is a multi-system disease characterized by profound fatigue, cognitive impairment, sleep abnormalities, pain, and a myriad of other symptoms that are made worse by exertion of any sort. I share this with you not for your sympathy, but for your empathy. It is so important to me that this disease come out of the shadows.

The cause of ME/CFS is unknown, and there are no FDA approved treatments. There are millions of people just like me around the world. It is estimated that there are 2.5 million people affected with ME/CFS in the US alone, and over 20 million worldwide.

The Centers for Disease Control and Prevention (CDC) has characterized ME/CFS as **America’s hidden health crisis**, yet annual research funding from the National Institutes of Health (NIH) is only in the $14 million neighborhood.

There is a beacon of hope for the ME/CFS community. Open Medicine Foundation (OMF) (https://www.omf.ngo) is the leading non-profit organization funding collaborative research in chronic complex diseases. Their primary focus is on ME/CFS. The OMF Scientific Advisory Board is led by Dr. Ronald W. Davis, PhD, Director of the Stanford Genome Technology Center and member of the National Academy of Sciences and contains three Nobel laureates as well as other pre-eminent scientists. OMF is currently funding more than a dozen projects including collaborative research centers at Stanford and Harvard.

ME/CFS has had a significant impact on my life. (Insert personal story.) More than anything, I dream of the day there will be treatments to help me get back to spending time with you. And the for the day when a cure is found so no one will ever again know this agony.

Please join me in supporting OMF’s research to find answers. Right now, OMF has a unique matching gift opportunity. Now through November 27 your donation can be tripled. The current goal is to raise $690,000. Please join me and donate as generously as possible. Your support is truly meaningful for me. Thank you for your support, understanding, and generosity.